

Elder Services of the Merrimack Valley
Regular Menu MAY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked Fish with Lemon Sauce Vegetable Brown Rice Broccoli Florets Natural Grain Bread Rice Pudding/Diet	3 American Chop Suey with Parmesan Cheese Green Beans Italian Scala Bread Fresh Fruit (cantaloupe)	4 Spinach & Mushroom Frittata w/ Cheese Potatoes O'Brien Carrots Oatmeal Bread Sliced Peaches	5 Cinco de mayo Special Pulled Pork Tacos Spanish Rice & Beans Corn Soft Taco 1pc Mandarin Oranges	6 Mother's Day Special Chicken Cordon Blue Red potatoes (sour cream) Herbed Peas Dinner roll Lemon Cookie
9 Hamburger W/Cheese on the Side Potato Wedges Mixed Veggies WW Hamburger Roll Mixed Fruit	10 Baked Salmon w/ Dill Sauce Brown Rice Pilaf Brussel Sprouts Honey Wheat Roll Sliced Pears	11 BBQ Chicken Roasted Potatoes Creamed Spinach Biscuit Chef's choice dessert	12 Roast Turkey with Gravy Mashed Potatoes Stuffing 2oz Carrots & Turnip Dinner Roll Cookie	13 Stuffed Shells w/ Marinara Sauce Italian style green beans Italian Scala Bread Fresh Fruit (orange)
16 Oriental Pork Soy&Ginger Sauce White Rice Asian Blend Vegetables WW Bread Diced Pineapple	17 Breaded Chicken Roasted Sweet Potatoes Cauliflower w/Cheese Sauce Natural grain Bread Brownie	18 Turkey Tetrazzini with mushrooms Chef's Choice Pasta Peas WW Dinner Roll Fresh Fruit	19 Popcorn Chicken Honey Mustard Sauce Green Beans Mashed Potatoes Oatmeal Bread Mixed Fruit	20 Sweet Potato Pollock Brown Rice Corn & Red Peppers Natural Grain Bread Yogurt
23 Pasta Primavera with Chicken Sautéed spinach Italian Scala Bread Sliced Peaches	24 Yankee Pot Roast Jardinière Gravy Green Beans Mashed Sweet Potatoes Dinner Roll Pudding/Diet	25 Low Sodium Hot Dog Low Sodium Beans Chef's Choice Vegetable WW Hot Dog Roll Mandarin oranges	26 Swedish Meatballs Egg Noodles Broccoli WW Dinner Roll Fresh Fruit (banana)	27 Baked Fish with Dill Sauce Brown Rice Pilaf Capri Blend Veggies WW bread Fruit loaf
30 No Meal Served Memorial Day	31 Chicken Salad Potato Salad Cucumber & Tomato Salad Hot dog bun Cookie			